

Adult Mental Health First Aid training

MHFA is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The training is an 8-hour evidence-based certification program that teaches how to identify the signs and symptoms of mental illness and how to respond in a mental health crisis. For more information visit the MHFA website at www.mentalhealthfirstaid.org.

February 18 & 19th
9 a.m. - 1 p.m.
Temple Beth Zion
805 Delaware Avenue
Buffalo, NY 14209

100\$ fee includes participant manual

TO REGISTER, CALL
COMPEER AT 883-3331



**Mental Health Association
of Erie County, Inc.**



For more information, contact Karl Shallowhorn at karlmhacompeer@gmail.com